1. List your daily activities.

2. Assign each an intensity level - (low, med, high)*.

3. Indicate how many minutes each activity lasted.

*Low intensity exercises include easy walking, house chores, light gardening etc. Moderate intensity exercises include brisk walking or easy jogging, moderately-paced bicycling, etc., and high intensity exercises include fast running, lap-swimming, jump-rope, heavy lifting, etc. (see the Internet resources listed for further interpretation).

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